

YOUR PASSPORT TO HEALTH NEWSLETTER

October—December 2002



WHAT'S INSIDE ...

- Cost-sharing
- Provider Choice
- Diabetes
- Well Child Visits
- FREE Book
- School Safety

Keeping
Clients
Informed

NEW Changes in Cost Sharing

Cost-sharing (or co pay) is the part of your medical bill that you have to pay. Medicaid has made some changes to cost-sharing:

Starting August 1, 2002

You have to pay between \$1 and \$5 for each prescription, but not more than \$25 each month for all prescriptions.

Starting September 1, 2002

You have to pay between \$1 and \$5 each time you visit a health care provider. You have to pay \$100 for each inpatient hospital stay no matter

how many times you are in the hospital. If you have Medicare or other insurance and they cover the services, you do not have any Medicaid cost sharing.

Some clients have no cost-sharing:

Clients under age 21, nursing home residents, and pregnant women do not have cost sharing.

Some services do not have cost sharing (like family planning or mental health services). See your PASSPORT To Health Client Handbook for a list of services that don't have cost sharing.

Your Provider, Your Choice

On PASSPORT you must choose a provider to print on your Medicaid card or one will be chosen for you. If you want to see a different provider than the one printing on your card, you can ask your PASSPORT provider for a referral.

Without a referral Medicaid may not pay for your visit.

Your PASSPORT provider can decide to give you a referral or not. There are many reasons a provider might not give a referral. Some providers will not give referrals to clients who they have not seen. So, it is important you call and make an appointment for preventive care and start a relationship with your provider.

If you have moved and the provider on your card is too far away, you need to call the Montana Medicaid Help Line at 1-800-362-8312 to change providers. If you need medical care, the provider on your card may refuse to give you a referral to a closer provider.

Look at your card each month and make sure that the provider printing on the card is the provider you are seeing. If it is not the right provider call the Help Line to change to the right provider.

Remember, it is YOUR provider and YOUR choice!



PASSPORT To Health
Medicaid Managed Care

P.O. Box 254
Helena, MT 59624-0254



Did You Know...

...if you go off of cash assistance you do not necessarily lose Medicaid? Talk to your Eligibility Case Manager about Transitional Medicaid. It is important to stay healthy and get the health care you need!

...all Medicaid clients are eligible for family planning services like birth control, screenings for sexually transmitted diseases, and reproductive health counseling? You can get these services from any provider that accepts Medicaid. You do not need a referral and there is no cost-sharing for these services.

Diabetes and You

Every year more and more people get diabetes. Diabetes is a disease that changes the level of sugar in the body (blood sugar). Blood sugar is important because it gives us energy. People with diabetes are not able to turn blood sugar into energy.

Some people are more likely to get diabetes.

You have a higher chance of getting diabetes if one or more of the following is true about you:

- You are overweight.
- You are not active.
- Someone in your family has or had diabetes.
- You are over 40 years old.
- You are Native American, Latino, or African American.
- Some women get diabetes when they are pregnant.

Signs of diabetes.

People who have diabetes sometimes:

- are thirsty a lot of the time,
- are hungry a lot of the time,
- lose weight for no reason,
- feel tired a lot of the time,
- have to urinate a lot of the time,
- feel moody, or
- have blurry vision.

If you have one or more of these signs call your provider.

To prevent diabetes:

- Keep your weight under control. Or, if you are overweight, talk to your provider about losing weight.
- Stay active.
- Eat healthy. Limit the amount of fat you eat and eat lots of fruits, vegetables, and whole grain foods.
- Talk to your health care provider about what else you can do to lower your risk.

Diabetes can be treated.

- Many people with diabetes need to take shots of insulin. This helps the body turn sugar into energy.
- For some people, losing weight is a treatment.
- People with diabetes need to be aware of what they eat.
- People with diabetes need to monitor their exercise.

If you or your child has diabetes, remember it is normal to feel scared or sad. Talk to your family and your provider about these feelings.

Remember, you can still have a happy, healthy and active life with diabetes!



Important Phone Numbers

Montana Medicaid Help Line

General Medicaid Information
PASSPORT To Health

1-800-362-8312

Mental Health

(General Information)

1-888-866-0328

Social Security

1-800-772-1213

Children's Health Insurance Plan

1-877-543-7669

Keep Your Child Healthy

Every parent knows they have the best, smartest, and cutest children in the world! We want you to have the healthiest children, too. Did you know that Medicaid pays for Well Child Check Ups for children on Medicaid who are 0-20 years old?

Children and teens who have regular check ups when they are growing up, even when they are not sick, have a better chance of becoming healthy adults. If the provider finds problems, they can be treated right away. At a Well Child Check Up the provider will check your child's body from head to toe and make sure all shots are up to date. The provider will also check vision and hearing.

Well Child Check Ups are important for older children too. Your child's provider can help you talk to your older child about problems made worse with peer pressure— like smoking,

drinking, drug use, and about how to avoid pregnancy and sexually transmitted diseases.

Dental check ups are also part of Well Child Care. Take your child to a dentist regularly.

Every child needs activity and a good diet to stay physically and mentally healthy. Being active and eating right also helps your child do better in school.

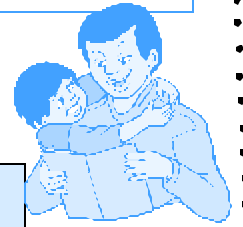
Remember, we want to help you take good care of your children.

- Take your child for Well Child Check Ups.
- Take your child to the dentist.
- Feed your child healthy foods.
- Make sure your child stays active.
- Get plenty of rest.

If you have any questions about Well Child Check Ups please call your PASSPORT provider.

PASSPORT To Health Suggested Well Child Check Ups

- ✓ Before one month
- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 9 months
- ✓ 12 months
- ✓ 15 months
- ✓ 18 months
- ✓ 24 months
- ✓ 3 years
- ✓ 4 years
- ✓ 6 years
- ✓ 8 years
- ✓ 10 years
- ✓ 12 years
- ✓ 14 years
- ✓ 16 years
- ✓ 18 years
- ✓ 20 years



Have Questions?

- Do you need us to explain what is on your Medicaid card?
- Do you need to know how to add your new baby to your Medicaid card?
- Do you have surgery scheduled in another state and wonder if it is covered?

Call the Medicaid Help Line
We're here to help you!

Is Your Child 2-Years Old?

We have an exciting new program to tell you about! Starting this fall if your child is between 24 and 35 months old, he or she can get a FREE CHILDREN'S BOOK.

What you need to do is simple!

- Take your child's shot record to your Public Health Department.
- If your 2-year old child is up to date on shots, they will give you a FREE book for him or her.

By the age of 2, your child should have these shots:

- ✓ 4DPTa
- ✓ 1 MMR
- ✓ 3 HIB
- ✓ 3 Polio OPV/IVP
- ✓ 3 Hep B

We also suggest chicken pox and pneumonia shots.

If your child needs shots, get them at the Public Health Department or from your provider. Then go and get your FREE BOOK!



PASSPORT To Health
P.O. Box 254
Helena, Montana 59624-0254

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Staying Safe at School

Summer is over and your child has gone off to school. Help stop injuries with these simple steps:

Playground Safety

Most playground injuries happen when kids fall from swings, monkey bars, or slides.

- Check the equipment. Is it at least six feet away from walls? Does it look sturdy?
- If you are worried, talk to your child's school.

Bus Safety

Most bus accidents happen when children are getting on or off. Check to make sure your child's clothes do not have drawstrings or anything that can catch in a door. Tell your child that the bus driver

might have a hard time seeing a child. Take your child by the hand when the bus is there, and show your child:

- To stand still on the sidewalk or road near the bus, in a spot where she or he can see the driver.
- Never walk or run on the road or sidewalk near a bus.
- Never walk behind the bus, where the driver can't see.

Walking or Biking to School

If your child walks or bikes to school there are some rules he or she should follow:

- Learn all traffic rules.
- Do not cross streets alone until age 11.
- Wear a bike helmet and

something with reflective material when riding a bike.

- Ride on bike paths or sidewalks.
- Don't walk or ride alone.

Personal Safety at School

- Tell your child to talk to a teacher if scared by another child.
- Teach your child not to pick on others.
- Talk to your child's school about what happens if a child brings a weapon to school.

We hope your child has a safe, happy, and educational year!

